



YZ45 CONTRAST

AMRAP = 38 MIN

Complete 1 full circuit of each - 40 sec each / 50 sec each / 40 sec / 50 sec

| Warm up 3-5 mins | | | | | |
|--------------------------------------------|--------------------------------------|-------------|-------------|-------------|-------------|
| Type | Exercise | 1 40 sec | 2 50 sec | 3 40 sec | 4 50 sec |
| Cardio | Max effort – 80%+ | | | | |
| 25 sec rest period | | | | | |
| Upper Body | Inch worm | | | | |
| 25 sec rest period | | | | | |
| Lower Body | 5 Squats & jump | | | | |
| 25 sec rest period | | | | | |
| Core | Panther Planks | | | | |
| 25 sec rest period | | | | | |
| Cardio | Max effort – 80%+ | | | | |
| 25 sec rest period | | | | | |
| Upper Body | Dumbbell snatch Alternating sides | | | | |
| 25 sec rest period | | | | | |
| Lower Body | Long jump and jog back | | | | |
| 25 sec rest period | | | | | |
| Abs | Bicycle crunch | | | | |
| 1 min recovery after each complete circuit | | | | | |
| Cool down & stretch 3-5 mins | | | | | |